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Introducing... University Housing Resources Moodle Page

Resident students gained an additional resource for information about living on campus this semester with the "University Housing Resources" Moodle Page. This page, located on your Moodle Account along with your academic classes, provides information you may need for your daily life while living on campus. These resources include:

- Spring Housing Intentions Form (Each resident must submit a the form indicating their plans for Spring 2016 housing. These forms are due by November 1).
- Health and Safety Inspection Resources (In preparation for each Health and Safety Inspection, University Housing posts a helpful hint or suggestion about caring for your living space).
- Television Channel Listings
- Maintenance Reporting Resources
- Lion Tales Residential Newsletters

Help University Housing! If you have a suggestion of a topic you would like us to cover on the University Housing Resources Moodle Page, email us at universityhousing@southeastern.edu.

Questions about our guest policy, pet policy, or resident responsibilities? Refer to the 2015 Resident Guidebook available on your Housing Resources Moodle Page.

How to Report Maintenance Concerns:

For a maintenance concern, call the FIXX line at 985.549.3499 or submit the request online at southeastern.edu/admin/phys_plant/fixxit/

Call 985.340.8324 to report a problem with your Internet Connection.

(Please leave a voicemail)

Report pests, mold and cable problems to the University Housing Office at 985.549.2118.

University Housing
universityhousing@southeastern.edu
southeastern.edu/liveoncampus

@sluhousing
@slu_housing
southeasternuniversityhousing

Celebrate Fall in Hammond America

- Hammond Horror Festival
  Oct. 8–10 hammondhorrorfest.org
- Attend a Campus Ensemble at the Columbia Theatre. columbiatheatre.org
- Attend Relay for Life and support the American Cancer Society at North Oak Park on Saturday, November 14.
- Participate in Homecoming Week Festivities to celebrate Southeastern’s 90th anniversary (calendar on page 4).

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Resident Assistant Staff Spotlight on Academic Excellence

DeQuaz Humphries, Washington Hall 4.0
Major: Psychology and Industrial Technology (Double major)
Future career: I want to become a process technician before going to medical school later on in life to become a psychiatrist.
Personal Habits which impact your GPA: The first is that I don't stress over school. I also get to know my professors on a more personal level, and I let them know I care about them and what they teach. I have friends who were able to raise their grades by asking their professors for additional tutoring/support.
Favorite location to study: I've found that my favorite place to study is in the library. If I'm in my room, I have way too many distractions, and I usually do not finish my work in time. The library is the place where there are no distractions for me.
Advice to Freshmen: I would definitely recommend that anyone struggling academically talk to their professor, and also seek out tutoring from the CSE (Center for Student Excellence). It is best to catch up with tutoring early, as opposed to falling behind and not being able to catch back up.

Beth Roach, Village M 3.9
Major: Nursing
Future career: After getting my BSN, I would like to be a traveling nurse for two years or more before going back to school to get my masters in nurse anesthesia.
Personal Habits which impact your GPA: Ambition to succeed, forming study groups, and studying a little bit every single day.
Favorite location to study: 3rd floor of the library
Advice to Freshmen: Make friends in each class and schedule study parties the week before big exams. Also, make to-do lists to be sure you manage your time wisely.

Janae Martin, Pride Hall 3.7
Major: Accounting
Future career: Complete the MBA program and eventually become a certified public accountant.
Personal Habits which impact your GPA: Studying in advance before the test. Also studying to understand the material, not just memorizing what you will need for the test.
Favorite location to study: Fourth floor of Pride Hall
Advice to Freshmen: Don’t be afraid to ask for help or seek tutoring in Southeastern Hall. Form study groups with others in your classes, your peers may be able to explain a concept from a different view than your professor.

Erin Fernandez, Hammond Hall 3.7
Major: Political Science
Future career: Corporate Attorney (Or Supreme Court Justice or Lobbyist!)
Personal Habits which impact your GPA: Actually liking my major has helped me very much. Before I was a chemistry and biology major – I was miserable. I wasn’t motivated in my courses and my grades reflected it. Studying my area of interest helps me stay motivated in my classes.
Favorite location to study: My bed
Advice to Freshmen: Definitely use your resources. Go to tutoring, look up online tutoring, talk to people who have had the same classes. Make sure you’re doing everything possible to improve.

ON CAMPUS ACADEMIC RESOURCES

Center for Student Excellence
southeastern.edu/acad_research/programs/cse/

Math Drop-In Tutoring
southeastern.edu/acad_research/depts/math/

Southeastern Writing Center
southeastern.edu/acad_research/programs/writing_center/

Sims Memorial Library
southeastern.edu/library

CLASS APPS...
Using technology to help you study

Check out the apps below commonly used by college students throughout the United States to help their study habits. Use on your smart phone or tablet.

Quizlet
Create flashcards and study tricks for your electronic device.

RealCalc Scientific Calculator
(When you need an advanced calculator but can’t find your T183).

Photomath
(Scan your homework to double check your answers).

Dropbox
(Leave your thumb drive at home and store all your projects and papers online.)

Any.do
(Remember due dates and track to-do lists).
Microwave Scrambled Eggs

- 3 egg whites
- 1 egg
- 1 tbsp shredded cheese
- salt and pepper
- Optional toppings: sliced avocado, green onions, salsa

Spray a microwave safe bowl generously with cooking spray. Crack egg whites and egg into the bowl. Whisk for one minute. Stir in shredded cheese and a dash of salt and pepper. Place the bowl in the microwave and microwave on high for 1 to 1 1/2 minutes. Watch closely so eggs don’t puff up over the edges of the bowl or explode. Carefully remove bowl, top with any toppings and enjoy.

5 Minute Burrito Bowl

- 1 cup cooked brown rice (I used Trader Joe’s frozen pre-cooked brown rice)
- 1/2 cup black beans, drained and rinsed
- 2-3 tablespoons salsa, or to taste
- 1 tablespoon plain Greek yogurt
- 1 tablespoon shredded cheddar cheese
- Diced avocado, optional

1. Prepare brown rice according to package instructions.
2. In a microwave-safe bowl, combine rice, black beans, salsa, plain Greek yogurt, and shredded cheese. Microwave on high for 30-60 seconds, or until heated through.
3. Top with diced avocado, diced tomato, guacamole, pico de gallo, crushed tortilla chips, or other desired toppings.

Recent Hall Council Events:

- Next Meeting: October 7, 2015, 7 PM, Student Union 2203.
- Hall Council will participate in Homecoming activities: Downtown Decorating, Sheet Sign Competition, Minute to Win It and the Ready, Set, Glow 5k run.
- 10 Hall Council delegates will represent Southeastern at the 2015 Southwest Association of College and University Residence Hall Conference at Texas A & M in College Station, Texas on October 22-25. Good luck Hall Council!
When recycling bottles or cans with drinks other than water, please empty them completely, and rinse if possible. Also, please crush your plastic bottles.

Add to your Calendar…

- **October 1-2**: Fall Break
- **October 6**: Housing Breast Cancer Awareness Table; Student Union
- **October 7 & 8**: Grad Fair; Alumni Center
- **October 7**: Hall Council Meeting 7 PM
- **October 12-17**: Homecoming Week
- **October 19-22**: Health and Safety Inspections
- **October 23**: Last day to withdraw from courses
- **October 24**: Miss Southeastern Pageant
- **October 28**: Octoberfest Event with University Housing and Campus Dining
- **October 31**: Lion Pride Preview New Student Recruitment Event